

STEP ELEVEN SESSION HANDOUTS

From: ALCOHOLICS ANONYMOUS, pgs. 85-88

Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask Gods forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from ones priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works—it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

But this is not all. There is action and more action. "Faith without works is dead." The next chapter is entirely devoted to *Step Twelve*.

The Hindu Prayer

At this moment
Breath
I am perfect
Breath
As I am
Breath
And everything in my life
Breath
Is working toward my ultimate good
Breath
I am loved
Breath
I AM LOVE.

GUIDE TO MEDITATION AND PRAYER AND GUIDANCE

(Based on old-time AA)

Repeat daily each morning following inventory and until change comes.

- "God, I realize that the people who wronged me are perhaps spiritually blocked people. I ask you to help me show them the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Please show me how to be helpful to those I resent, and save me from my anger. Show me where I have been selfish, self-seeking, dishonest or fear-based, thus causing my own trouble, and relieve me of the notion that I have to retaliate or that I am a victim."
- "I ask too that You relieve me of all my fears, worries, and doubts. I pray that You will start immediately to make all decisions for me. Until my pain and suffering leave, please help me realize that both are leading to positive change in my life."
- "In all my relations, I ask for Your guidance. Please give me a vision of a sane and sound ideal in my sex relations (and all relationships), and let me imagine what might happen in my life were I able to move closer to the ideal I have been trying to glimpse. Thank You, God. AMEN."
- What is happening that you need to say "I love this" about? (Explain why you'll not only accept it, but love it)
- Today I will say several times: "Whatever." "I must get rid of that belief." "I have no opinion to express about that."
- Make a list of things that don't mean a thing in this life, as revealed by your own experience or the experiences others have shared, and then read them daily.

**Because Dr. Bob recommended daily readings of what he called "Power Phrases",
consider meditating on these:**

- I will have no expectations nor make demands today.
- What I resist persists.
- I will cease fighting.
- I can resist nothing today while still standing up for my own Highest Good.
- I do not have the power to drive anyone crazy or make anyone sane. Each individual is responsible for her/his own peace of mind.
- It is none of my business what anyone thinks about me or about anything else.
- I do not have the power to make anyone stay in my life.
- I do not have the power to drive anyone away.
- I do not have the power to make anyone miserable.
- I do not have the power to make anyone happy.
- I will love all.
- I do not have to like all.
- My goal is peace of mind (also known as "sanity" or "spiritual living").
- The only way I can forgive someone today is to think: The Forgiver, God, is working through me; I and the world will be better off if I do not judge in the first place.
- Not being God, I do not know what is "good" or "bad," and since God knows all and does only good, everything is ultimately for the good.
- God will take charge when I let go.
- I do not need to know anything or understand anything but I shall instead only seek God's guidance, which I receive intuitively if I become still and quiet.
- I will not wish, hope, want, desire, nor crave today.
- I will not seek love, I will simply give love.
- I will receive human love, should God send it; however, I can only be content if I'm attached to God alone.
- I cannot be content in a human relationship with anyone until I am content without any human relationship.
- I will seek nothing God does not send.
- I will accept all that is sent by God.
- I will think less and employ intuition more.
- The past is gone; it's an image in my mind. The future can be no more than an image in my mind. Therefore, the present moment is the only real moment. I shall not allow false images to affect the way I feel.
- Everything really is going to be okay.

Example Prayers to Use During Your Morning Quiet Time and Meditation

(Excellent for beginners and those new to morning practices.)

These prayers come directly from the thoughts in the Big Book.

"God, please direct my thinking today and keep it divorced from self-pity, dishonest or self-seeking motives, Father, please help me employ my mental faculties, that my thought-life might be placed on the higher plane of inspiration and help me pay attention to this vital sixth sense.

"God I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always!

"My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do your bidding".

"God, please show me how to find Patience, Tolerance, Kindness and Love in my Heart, my Mind and my Soul. Lord, please help me show these attributes to my family and also, to those about me."

"God, please remove from me: selfishness, dishonesty, resentment and fear. If these feelings crop up, help me to immediately share these feelings with others. Help me quickly made amends to others for my wrongs, that I might live serenely with them. Lord, help me to not think of myself, instead, help me think of others and help me be loving and tolerant toward them. Father, keep me spiritually fit today, by helping me to not fight with anything or anyone -especially alcohol and please God, help me not to drink alcohol today. "

"God, please help me live the twelve steps, twelve traditions and all the principles of A. A. in my entire life. Remove from me my character defects, specifically selfishness, dishonesty, resentment, fear and _____, (insert additional defects that you discovered from your most current 4th, 5th, 6th and 7th steps.) Watch over me, protect me and care for me. Give me the strength, courage and faith I need to do Thy bidding. Keep me mindful of Thy presence, Lord, and help me know You better."

"God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or decision about this problem I face. Father, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful that You are running the show. Lord, free me from the bondage of Self. Thy will be done always."

"God, please show me all through this day, what my next step is to be. Give me the strength, faith and courage I need to take care of the problems in my life today. I ask especially, Lord, that You free me from Self-will and fear. Amen."

Dear God, Please help me. Lord please remove my anger, resentments and fear. Please replace them with Gratitude for what I do have, Patience in knowing that You have a plan for my life, Faithfulness in the fact that You love me and want the best for me and Trust in You, that you will always provide what I need if I keep close to you and perform your works well. Help me to be honest with my family and to let them know what has happened today so that as a loving family we may get through this crisis with the least damage. And Father, help me to be a Good Steward of the gifts You have already given me. Amen.

An example of a Tenth Step Prayer

"God, please help me to continue to watch for selfishness, dishonesty, resentment and fear. When these defects crop up, help me to once again ask You to remove them and to immediately share them with someone else. Help me quickly make amends to others for my wrongs, that I might live serenely with those I come into contact with. Lord, help me to not think of myself, instead, help me to think of others and help me be loving and tolerant toward them. Father, keep me spiritually fit today, by helping me to not fight with anything or anyone -especially alcohol."

(From the thoughts on pg. 84)

An example of an Eleventh Step Prayer

(Said during evening review and meditation)

"God, please forgive me for the things I have just discovered and written down. I know these wrongs have diminished my usefulness to You today and for that I am truly sorry. Father, please give me the strength, courage, faith and willingness I need, that I might right these relationships tomorrow and please show me how I might make amends for my wrongs. Amen."

(From the thoughts on pg. 86)

An example of an Eleventh Step Prayer

(Said during morning meditation)

"God, please direct my thinking today and keeping it divorced from self-pity, dishonest or self-seeking motives. Father, please help me employ my mental faculties, that my thought-life might be placed on the higher plane of inspiration and help me pay attention to this vital sixth sense."

(From the thoughts on pg. 86)

An example of an Eleventh Step Prayer

(Said at a time of indecision)

"God help give me inspiration, help me have an intuitive thought or a decision about this problem I face. Help me Lord, not to struggle, instead, help me to relax and take it easy." (From the thoughts on pg. 86)

An example of an Eleventh Step Prayer

(Said at the end of our morning meditation)

"God please show me all through this day, what my next step is to be. Give me the strength, faith, and courage I need to take care of the problems in my life today. I ask especially Lord, that you free me from self-will and fear."

(From the thoughts on pg. 87)

An example of an Eleventh Step Prayer

(Said when agitated or doubtful)

"God, please give me an intuitive thought or decision to help me with this problem. Help me know what I should do and keep me mindful, that You are running the show. Free me from my bondage of self. Thy will be done always. Amen."

(From the thoughts on pg. 86)

An example of a Twelfth Step Prayer

"God, please give me the words I should share with this person. Guide me and direct me as I try to be an instrument and channel for Your mercy and peace. Lord, please watch over me, protect me and keep me safe and protected from alcohol as I go out from here to do Your bidding. Amen."